

Simple, Healthy and Delicious Japanese Home Cooking. By a Busy Working Mom

# Healthy Chicken Ramen and Collagen Filled Soup

ヘルシーチキンラーメンとコラーゲンたっぷりスープ

I don't know why, but kids love ramen! Deciding how to cook ramen in a healthy way for your family can be challenging. Creating ramen soup from scratch might seem difficult, but this recipe is easy to make without taking too much time out of your busy schedule. By using chicken soup stock, the added benefit of a collagen-based meal with no preservatives will help your skin look younger, too. So serve ramen for your kids and enjoy collagen filled soup for yourself.

## Ingredients (Serves 4)

- 2 pieces of naturally raised chicken thigh
- 6 pieces of naturally raised chicken wings
- 2 table spoons of natural sea salt
- 2 cloves of sliced garlic
- 1 tbsp. of chopped ginger
- 1 bunch of chopped green onion or any green vegetable
- 2 packs of ramen noodle



## Preparation

1. Boil 6 cups of water with the salt, ginger, and garlic at a medium/low heat.
2. Add the chicken.
3. Cover and boil at medium/low heat for 60 minutes. (Do not simmer.)
4. Boil the ramen noodle separately for 2 minutes.
5. Add the green onions. (You can also use any vegetable of your choice for a different flavor.)
6. Slice the chicken thigh and use as a chashu.



Recipe by Masami Iwase-Watanabe

